

News From Sunshine House October 2018

Our business...

*Investing in People - Changing their Perspective.
Helping people to Live Healthier and Happier Lives
the Natural Way!*

Greetings to our Managers, Distributors and Friends in Nature's Sunshine:

The convention in Indianapolis was definitely the best ever: The enthusiasm and excitement was contagious! Everyone was excited about their feelings that our NSP has come back to us and has our back every step of the way. Never have we experienced such excitement from everyone. NSP has gone back to its roots of being an herbal products company and has its members best interest at heart. Thanks NSP! It's good to be home again.

- Adriana Mendizabal, President NSP Americas, spoke about the state of NSP. She stated that the 2nd quarter of 2018 was our strongest quarter in the last few years. There has been a 12.2% growth and the strongest revenue in a decade. Adrianna said that together, as a team, we/NSP were able to grow in the USA for ten (10) straight quarters.
- NSP now offers FREE shipping on all new sign-up orders of 200+QV.
- NSP has eliminated the 3 month requirement on Sunshine Rewards to guarantee free shipping. Go online to read the details or call Customer Services.
- NSP is now offering New "Everyday Pricing" on selected products by dropping the cost on a number of selected products. **Products will appear in bold print on new master price list**. This improves the affordability and makes it easier for members and managers to sell the products, and it increases the affordability to our customers.
- The time is now to **Celebrate – Motivate – Educate!** Our cause: Defending America's health and bringing NSP herbs into every home. (NSP's new program "**Health to Home**" offers us the vehicle to do this easily and effectively. It's like the old time Herbal Hours that became the trademark for sponsoring that has now been updated into the 21st century).
- Dr. Daniel Pompa, key speaker at the opening session, stated that "**We must fix the cell to get well.**" Detox the cell to build a healthy microbiome. Dr. Pompa stated that "It's amazing to see a company the size of Nature's Sunshine be so aware of the microbiome and its function within the body." We must change our environment and stop being the victim.
- Dr. Luis Pacheo, NSP Medical & Scientific Advisory Board Member made the following comments about our state of health. "NSP started with our herbal roots in gut health over 45 years ago when Gene Hughes had a stomach ulcer." "Others focus on symptoms – NSP has gone to OUR ROOTS for a total Health Revolution." "From toxic to total health=Gut Health=Total Health." "What causes Metabolic Dysfunction? – Environmental Toxins affect the Gut Microbiome where Endotoxins Fuel Inflammation that results in Metabolic Dysfunction." "**You must fix the hole in your boat because you are floating in a sea of toxins.**"
- Anne Gillum, JD, staff attorney for National Health Freedom Action stated "We are blazing a trail for generations to come that will allow our children to have Health Freedom based on what they are, not what the government says we should be." She emphasized this with a quote by Ronald Reagan, "Freedom is never more than one generation away from extinction. We didn't pass it to our children in the bloodstream. It must be fought for, protected, and handed on for them to do the same." (Sr. National Manager, Kirk Bashaw, President of the Sunshine Health Freedom Foundation emphasized this at our 7AM Health Freedom meeting by encouraging everyone to give to the health freedom fund so we can provide assistance to the states when they undergo defending our health freedom rights within the state governments. Kirk said there are over 135,000 members in NSP; if everyone gave just \$1/month, that would provide \$135,000 to provide legal defense when the need arises).

COME RISE WITH US IN RICHMOND, VA ON OCTOBER 13



“RISE” WITH NSP THIS FALL with Herbal Traditions Live!

Be a part of Nature’s Sunshine’s Total Health Revolution —Defending Health One Home at a Time. This event is specially designed to help you combat our toxic world and its debilitating effects on the gut...and ultimately on your health. The three-phase Total Health program—Purify, Fortify, Protect—focuses on the principles of restoring gut health and maintaining healthy metabolic function.

Bring your friends to this timely and informative session, and inspire them to take charge of their health. This NEW seminar is presented by herbal expert **Cindy Klement** and our Corporate Manager **Brian Wall**. It includes a handout that guests can take home and study.

Cost: \$10/person

Bring one non-member friend for FREE!

Bonus: You’ll get 25 Sunshine Points if 50+ paid registrants attend**.

Saturday, October 13, 2018 9AM – 3PM

Hilton Homeward Suites; 5996 Audubon Drive; Sandston, VA 23150 (804-737-1600)

Registration: Registration begins @ 8:30AM; Meeting begins @ 9:00AM

Call **1 (800) 223-8225** to register. Please have your guest’s name ready when you register.

*****This hotel does not offer dining for lunch.*****



Dick & Joy’s Calendar October 2018

October - Dick’s Mentoring and Goal Setting sessions will continue as scheduled.

Natural Health Professionals Class schedule for Dr. Mary Reed Gates, ND

Our Natural Health Professionals live webinar classes started month in September.

Detailed price information and payment options at this link: <https://herbalremedyexpert.com/products.html>

To view class schedule: <http://www.marysherbs.com/GOTOMEETINGS/Upcoming> Classes are held via live webinar online from 10 am -2:30pm ET on 2nd Saturday each month, beginning Sept. 8, 2018. One system is covered each month from Sept. - June. **Registration for these classes is NOW OPEN @**

<https://register.gotowebinar.com/register/4809788716821662210> Reserve your seat today!! If you are interested in learning more about what is offered or have any questions email drmmaryreedoffice@gmail.com

Detailed price information and payment options at this link: <https://herbalremedyexpert.com/products.html>

To view class schedule: <http://www.marysherbs.com/GOTOMEETINGS/UpcomingEducation.shtml> & scroll down the calendar. **This is an ongoing class that can be entered into at any time during the calendar schedule.**



New Products introduced at Convention 2018

- **Rejuvenaid** boosts nitric oxide production to improve energy, stamina, brain circulation, blood pressure, gut health and related immune function.
- **UltraBiomeDTX** helps eliminate heavy metals, purify the gut and provide gut barrier support.
- **Cinnamon Balance** features key botanicals to support healthy blood sugar balance.
- Improved, paraben-free **Tei-Fu Recovery Massage Lotion** with arnica and ginger provides quick pain relief for sore muscles and joints
- **Essential Shield Concentrate Cleaner** is safe and effective. No harsh chemicals, just pure plant-based cleaners and essential oils!
- Improved **Pau D'Arco Lotion** now features the Hand and Body Lotion base for extra-moisturizing benefits.

SKU	Name	Member Price	Qv	Mem. To Mem. Cost	Suggested Retail
22215	REJUVENAID	\$64.95	\$62.00	\$74.70	\$97.45
22202	ULTRABIOME DTX	\$48.50	\$46.00	\$55.80	\$72.75
21921	Essential Shield Cleaner	\$26.25	\$17.50	\$30.20	\$39.40
21913	Tei-Fu Recovery Massage Lotion	\$17.75	\$15.00	\$20.45	\$26.65
22211	Cinnamon Balance	\$19.50	\$19.50	\$22.45	\$29.25
21912	Pau D' Arco Lotion	\$16.75	\$15.00	\$19.33	\$25.15

Rejuvenaid (30 Stick Packs)

Stock Number: 22215

Member Cost: \$64.95

Member to Member: \$74.70

QV: \$62.00

Suggested Retail Cost: \$97.45



Benefits:

- Pomegranate Citrus Flavor
- Improved energy production
- Increased exercise capacity and stamina
- Supports optimal brain circulation
- Healthy sexual performance
- Cardiovascular and heart health function
- Healthy blood pressure
- Decreased body fat
- Overall vascular health and blood vessel elasticity
- Improved blood flow to vital organs
- Gut health and related immune function

How It Works: A natural, clinically studied, nitric oxide-generating supplement, Rejuvenaid safely produces and sustains superior levels of NO. Unlike other NO products, this patent-pending formula uses a dual system featuring a proprietary beet root extract along with L-Arginine. This dual-pathway approach frees up the body's ability to produce its own NO while using the ingredients to generate even more NO. Rejuvenaid also features a proprietary, polyphenol rich antioxidant blend called Herbal Shield that offers select vitamins to help sustain higher levels of NO and support circulation. Dual Pathway Nitric Oxide Generator for Vasodilation and Cardiovascular Health Enjoy youthful vitality with Nature's Sunshine's Rejuvenaid a natural, healthy way to achieve and maintain peak physical and mental performance with higher levels of vigor. Clinical studies have shown that higher levels of Nitric Oxide (NO)—a signaling molecule that improves blood flow and circulation by relaxing arteries and blood vessels—are associated with increased vitality, physical performance, stamina, recovery, mental acuity, sexual performance and lower blood pressure. Made in the endothelial layer of blood vessels and arteries, NO is quickly used or oxidized within the body and must be replaced constantly. A sedentary lifestyle, suboptimal diet and age can each negatively impact NO production. (By age 40, the human body produces only half the nitric oxide it did during teen years.) [Watch Rejuvenaid Video](#)

Ingredients: Proprietary Nitric Oxide Blend: Red Beet Root (Beta vulgaris), Inulin, L-Arginine, L-Glutamine, Pomegranate Fruit Juice Concentrate (Punica granatum), Grape Skin Extract (Vitis vinifera), Apple Fruit Extract (Malus domestica), D-Ribose, Watermelon Whole Fruit Extract (Citrullus lanatus), Green Tea Leaf Extract (Camellia sinensis), Grape Seed Extract (Vitis vinifera), Olive Leaf Extract (Olea europaea), Red Grape Extract (Vitis vinifera). Other Ingredients: Citric acid, xylitol, natural citrus sweetener, flavor, lemonade natural flavor, silicon dioxide, natural citrus (Stevia rebaudiana).

Recommended Use: Empty the contents of packet of into 12 oz. of water, mix and drink. Use it as often as needed to recapture or sustain youthful vitality, improve physical and mental performance with higher levels of vigor.

UltraBiome DTX

(30 stick Packs)

Stock No. 22202

Member Cost: \$48.50 Member to Member: \$55.80 QV: \$46.00 Suggested Retail Cost: \$72.75

Benefits:

- Supports the elimination of heavy metals
- Supports healthy intestinal permeability
- Helps purify the gut and balance beneficial bacteria
- Provides sustained energy and optimizes nutrient absorption
- Supports a balanced glucose response

How It Works:

Patent-pending UltraBiomeDTX improves critical gut and intestinal function and primes detox pathways to help the body target and eliminate toxins. It also fuels the growth of healthy bacteria, supporting microbiome balance and healthy intestinal permeability, by strengthening and tightening cellular junctions. Additionally, our proprietary phytonutrient blend adds superior free-radical protection to reduce oxidative damage to the gut. Get unparalleled support for heavy metal detoxification, healthy intestinal lining integrity, full-body cleansing and regular elimination. Advanced Heavy Metal Detoxification with Microbiome and Gut Barrier Support Toxins from food, water and air can be absorbed and stored within the body, creating a bacterial imbalance within the gut that can further be disrupted by poor diet and chronic stress. As a natural protective mechanism, the body often stores toxins in fat but these toxins can be released into the bloodstream as fat dissipates. These issues can cause the body to function sub-optimally. Additionally, this gut imbalance can degenerate the gut lining and increase intestinal permeability, where food and toxins are released into the bloodstream, causing further metabolic dysfunction. [Watch UltraBiome DTX Video](#)

Ingredients:

Psyllium Hulls (Plantago ovata), Inulin (from Cichorium intybus), L-Glutamine. Proprietary Blend: Apple Fruit Fiber, Flax Seed (Linum usitatissimum), Acacia Gum, Guar Gum, Broccoli Flowers (Brassica oleracea var. italica), Sodium Copper Chlorophyllin, Apple Fruit Extract (Malus pumila), Green Tea Leaf Extract (Camellia sinensis), Cabbage Leaf (Brassica oleracea var. capitata), Carrot Root (Daucus carota), Red Beet Root (Beta vulgaris), Rosemary Leaf (Rosmarinus officinalis), Tomato Fruit (Solanum lycopersicum), Turmeric Rhizome (Curcuma longa), Grape Seed Extract (Vitis vinifera), Olive Leaf Extract (Olea europaea). Other Ingredients: Natural flavors (orange, lemon, lime, mandarin, tangerine and vanilla), citric acid, silicon dioxide, stevia leaf extract (Stevia rebaudiana).

Recommended Use: Mix the contents of one stick pack in 9 oz. water and shake or stir vigorously then drink immediately. For heavy metal detox and cleansing, take one serving twice daily between breakfast/lunch and lunch/dinner. For ongoing maintenance of gut health, detoxification and microbiome support, take one serving daily between meals CAUTION: Take this product as recommended with plenty of liquid. Avoid use if you have ever had esophageal narrowing or swallowing difficulties. May cause allergic reaction in persons sensitive to inhaled or ingested psyllium. Absorption of certain medications may be affected by ingestion of psyllium. Wait at least two hours after taking medication before using this product and/or consult your physician.

“Today is a new day. You will get out of it just what you put into it.”

~ Mary Pickford

Cinnamon Balance (120 Vegcaps)

Stock Number: 22211

Member Cost: \$19.50 Member to Member: \$22.45 QV: \$19.50
Suggested Retail Cost:\$29.25



Benefits:

- Provides a natural solution to blood sugar stabilization
- Supports a healthy glycemc balance by supporting healthy blood sugar metabolism
- Provides 1,000 mg cassia cinnamon bark per day

How It Works: Cinnamon Balance is a natural supplement that uniquely optimizes the power of cinnamon along with a blend of carefully selected herbs to support normal-range blood sugar levels. It combines the world's finest cinnamon with storied herbs that work in harmony to safely and naturally restore and maintain healthy blood sugar balance. This complementary approach sets Cinnamon Balance apart from the competition as the effective, gentle and complete supplement for normal-range blood sugar support.

Ingredients: Cassia cinnamon bark, nopal leaf, fenugreek seed, astragalus root, burdock root, and dandelion root and leaf.

Recommended Use: Take 2 veg caps with a meal twice daily.



Seven Foods That Supercharge Your Gut Bacteria

Broccoli & other cruciferous vegetables - Packed with Glucosinolates; Fight inflammation and cancer

Bananas - Fight inflammation; Stabilize gut bacteria

Beans/Legumes - Release short-chain fatty acids; Boost vitamin absorption; Satiety

Jerusalem Artichokes - Rich in inulin fiber; Strong prebiotic

Blueberries - Enhance immune system; Destroy harmful bacteria

Polenta - High in fiber; Fermentable

Fermented Plant-based Food Components - Miso Soup - Relaxes Blood Pressure; Tempeh - Crowds out unhealthy bacteria; Boosts nutrient absorption